

Guidelines to Swim Classes for Ages 6-months to Adult

To enroll in:	If participants:	Course objective:
Baby & Me	Have a child ages 6-18 mo. Want to join a class and have fun bonding with their babies in the water	Comfort, water acclimation skills and water safety skills
Toddler & Me	Have a child ages 19mo.-3 yrs 11 mo. Want to join a class and have fun bonding with their children in the water	Comfort and safety in the water Elementary aquatic readiness skills
Preschooler & Me	Have a child 4 or 5 years old Want to join a class and have fun bonding with their children in the water	Comfort and safety in the water Elementary swim skills
Pee Wee I	Can leave parents willingly Are comfortable in water Can follow directions Functions well in a group	Comfort and safety in the water Elementary swim skills Emphasis on water adjustment
Pee Wee II	Can leave parents willingly Are comfortable in water Follow directions and function well in groups Can swim with swimmies or flotation belt eight yards on stomach without help Can fully submerge face for 5 seconds	Development of locomotion skills Add to self-help and basic rescue skills Learn to swim three yards on front and back without flotation
Swimming Pee Wee	Swim three yards on stomach and back without flotation	Front and back crawl, diving and treading
Competitive Pee Wee	Swims 5 yards on stomach and back without flotation while breathing	Freestyle, backstroke, breaststroke, starts and finishes
Level I Intro to Water Skills	Function well in a group setting	Comfort and safety in the water Elementary aquatic skills
Level II Fundamental Aquatic Skills	Enter and exit water unassisted Fully submerge face for 3 seconds Demonstrate supported kick on front and back	Add to self-help and basic rescue skills Begin to develop locomotion skills
Level III Stroke Improvement	Step into chest deep water Move into front float for 5 seconds and return to standing position Move into back float for 5 seconds and return to standing position Swim combined stroke on front, 5 yards Swim combined stroke on back, 5 yards	Coordinate front and back crawl Introduce butterfly kick and body motion Work on treading water and basic water safety skills
Level IV Stroke Development	Jump into chest deep water Swim front crawl, 15 yards with face in water and rhythmic breathing Maintain body position by treading water or floating, 30 seconds Swim back crawl, 15 yards	Swim underwater Surface diving Tread water and back float one minute Open turn on front and back Front and back crawl, 25 yards Breaststroke, butterfly and elementary backstroke, 15 yards

Level V Stroke Refinement	Perform feet first entry into chest deep water Swim front and back crawl for 25 yards Swim breaststroke and elementary backstroke, 15 yards Maintain position on back in deep water, 1 minute Tread water, 1 minute	Dive from side of pool Flip turns Improve key strokes and distances
Advanced Swimming and Water Exploration	Perform shallow dive into deep water Swim front crawl, 50 yards Swim back crawl, 50 yards Swim breaststroke and elementary backstroke for 25 yards Tread water for 2 minutes Maintain position on back in deep water for 2 minutes	Enhance swim skills and distances Introduce swimmers to fitness swimming Introduce additional personal water safety techniques Introduce lifeguarding techniques (this is not a lifeguarding class) Springboard diving